

## **Tobacco Motives Inventory**

Instructions: Here are some things that people have said about smoking cigarettes. Read each one and circle a number (from 1 to 5) to show what you think.

- 1 = Not at all true
- 2 = A little true
- 3 = Somewhat true
- 4 = Pretty true
- 5 = Very true

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|---------------------------------------------------------------------------|---|---|---|---|---|
| 1. Smoking helps you fit in with other people.                            | 1 | 2 | 3 | 4 | 5 |
| 2. Smoking makes it easier to be sociable with others.                    | 1 | 2 | 3 | 4 | 5 |
| 3. Smoking helps you enjoy a party.                                       | 1 | 2 | 3 | 4 | 5 |
| 4. Smoking makes social gatherings more fun.                              | 1 | 2 | 3 | 4 | 5 |
| 5. Smoking makes you feel more energetic.                                 | 1 | 2 | 3 | 4 | 5 |
| 6. Smoking helps you concentrate on things.                               | 1 | 2 | 3 | 4 | 5 |
| 7. Smoking makes you feel more self-confident.                            | 1 | 2 | 3 | 4 | 5 |
| 8. Smoking makes you feel more sure of yourself.                          | 1 | 2 | 3 | 4 | 5 |
| 9. You can smoke when there's nothing better to do.                       | 1 | 2 | 3 | 4 | 5 |
| 10. Smoking is something to do when you're bored.                         | 1 | 2 | 3 | 4 | 5 |
| 11. Smoking helps you forget about worries.                               | 1 | 2 | 3 | 4 | 5 |
| 12. Smoking helps you calm down when you're<br>feeling tense and nervous. | 1 | 2 | 3 | 4 | 5 |
| 13. Smoking helps you when you're feeling angry.                          | 1 | 2 | 3 | 4 | 5 |
| 14. Smoking makes you feel more relaxed.                                  | 1 | 2 | 3 | 4 | 5 |
| 15. Smoking cheers you up when you're in a bad mood.                      | 1 | 2 | 3 | 4 | 5 |